

PROTECT YOURSELF FROM HEAT!

What are heat-related illnesses?

Heat-related illnesses, such as cramps, heat exhaustion and heatstroke, occur when your body can't keep itself cool. These illnesses can be life-threatening. Elderly people, children and people with chronic medical and mental health conditions are more prone to heat-related illnesses.

What are signs and symptoms of heat-related illnesses?

- Weakness
- Dizziness
- Headache
- Muscle cramps
- Nausea and vomiting

When does a person need help right away?

- Confusion
- High temperature (above 102)
- Skin that feels hot and dry, but not sweaty
- Fast and shallow breathing

What can you do for someone with severe heat stress?

- Call 911, get the person to a shady area
- Cool the person rapidly, using whatever methods you can; for example, use a fan after misting the person with water.

How can I protect myself from the heat?

- Drink plenty of nonalcoholic, non-caffeinated fluids all day
- Wear lightweight clothing
- Seek air-conditioned environments (shopping malls, library)
- Take a cool shower, bath, or sponge bath
- If possible, remain indoors in the heat of the day
- Do not engage in strenuous activities



City of Long Beach, Department of Health and Human Services
2525 Grand Avenue, Long Beach, CA 90815
(562) 570-4000 FAX (562) 570-4049 www.longbeach.gov/health

